



THE LOCKDOWN QUICK-TIP GUIDE FOR STUDENTS

...and everyone who needs some guidance through the lockdown and distance learning periods.



EXPOSEE

An honest and fun guide to survive the lockdown and distance learning with numerous tips and tricks to make your time at home not completely boring and still manage the things you have to do for school.

By Mag. Raphael Tukovics

with co-authors: Maximilian Fraiß, Paula Fuchs, Anika Kröll, Julia Lang, Tim Pfeiffer, Isabel Reisenhofer, Paul Wagner, Jacob Hartinger, Fabian Pongratz, Luca Renner, Maximilian Krachler

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THE PROS AND CONS OF DISTANCE LEARNING AND THE LOCKDOWN

PROS

- The toilet is never far away and such is the kitchen.
- You can attend conferences in your pyjamas.
- You don't have to write tests.
- Sometimes you can sleep longer.
- You can use electronic devices for school.
- You can play with your pet more often.
- You don't have to walk all the way to school.
- You learn how to use a computer.
- You learn to increase your organisational skills and manage your time.
- You don't have to go to bed as early as during regular school days.
- You have your family to help you.

CONS

- You can't see your friends.
- Sometimes you get a lot of homework.
- You can't go shopping.
- You can't train with your team. (e.g. football)
- You can't go to the cinema.
- You can't train with the fire brigade.
- You can't visit family members.
- You can't go to restaurants.
- You can't organize a party.
- You can't go to the hair dresser.
- You can't visit public events.

SPORTS AND HEALTH QUICK-TIPS

- Go jogging or for a hike.
- Jump on the trampoline.
- Do sports with your family.
- Plan regular workouts and stretching sessions to keep yourself fit and prevent back pain.
- Go for a run in the forest.
- Eat enough fruits and vegetables to keep yourself healthy.
- Go for a walk with your dog.
- Plan your day with fixed sleeping and working hours.
- Avoid snacking all the time.
- If you can, cook by yourself and don't always order from a delivery service.
- Don't lie on the couch all day.
- Climb trees.

YOUR COMPUTER AND EQUIPMENT QUICK-TIPS

- Check your computer before the lockdown to make sure it works correctly.
- Make sure you have a functioning headset, keyboard and mouse.
- Make sure your wi-fi is strong enough.
- Mute your microphone when you are not talking.
- A camera can make the interaction more personal.
- Make sure you downloaded all programs you need for your work.
- Maybe put stickers on your computer to make working with it more fun.
- Buy a case for your iPad to keep it safe and stylish.
- Make sure you have enough storage space free for all your new files.
- Keep your workplace clean.
- Check the battery! If necessary, plug your laptop/phone/tablet into a socket.

FREE TIME ACTIVITIES QUICK-TIPS

- Download the “houseparty” app to get together with friends.
- You can use Tik-Tok when you are bored.
- Play video games via your phone or laptop with friends.
- Stay in touch with social media. (Instagram, tik-tok, etc.)
- Spotify and Youtube offer a lot of music to listen to.
- Do something with your family. (Go for a walk, play cards and other boardgames, etc.)
- Go walk the dog (a lot).
- Be creative: LEGO, drawing/painting, carve a mask for the Perchtenlauf, do some handicrafts, play a musical instrument and write a song, write a poem, ...
- Cook together with friends or family.
- Bake something.
- Do sports (look at the sports section!); Try out new sports.
- Camp in your garden.
- Learn a new language.
- Solve riddles, puzzles and quizzes.
- Make sure to finish all your necessary work before starting with free time activities.
- Play cards. (also possible online)
- Revise things you learned in school.

HOW TO AVOID DOING YOUR CHORES QUICK-TIPS

- Tell your parents you have a lesson right now and then phone your friend.
- Always complain about a lot of homework.
- Always have Word® or Teams® open and pretend that you are working when somebody enters the room.
- Tell your parents you have to go outside because you weren't outside already and moving is necessary.

SHOPPING QUICK-TIPS

- You can do online shopping.
- Try to support local shops.
- Avoid shopping for groceries at the weekend because there are too many people already.
- Buy toilet paper before everyone gets crazy again and it's gone.
- Buy printer cartridges and paper before the shops close again.
- Make sure you have enough computer games and movies at home.
- Buy a nice and warm blanket to make your workspace cosier.
- Buy a secret stash of chocolate and sweets.
- If possible and safe, support people who are at risk. (e.g. go shopping for grandparents)
- When going shopping, always think about your pet.
- Make a shopping list, so you don't forget anything.

SCHOOL AND WORK QUICK-TIPS

- Have your books ready, when the lesson starts.
- If possible, put an envelope around your books to avoid spilling your drinks over them.
- Check your tasks and e-mails more than once a day to make sure you haven't forgotten something.
- If you have a longer break during lessons, do your homework to save time.
- Do your homework together with friends on the phone or via Teams®.
- Make sure you always have something to drink next to you.
- Write down meetings and deadlines for your homework in a calendar or organizer.
- Write a to-do-list for things you need to get done.
- Look at the timetable between your meetings.
- Check your school's homepage regularly.
- Do your homework in the evening so you can go for a walk before doing it, when it is still bright outside.

BOOK QUICK-TIPS

<ul style="list-style-type: none"> • Die magischen Sechs • Gregs Tagebuch • Sechs sind fünf zu viel • Beast Quest • Stonecold • The Alchemyst – The Secrets of Nicholas Flamel • Das böse Buch • Harry Potter • Alle meine Monster • Die Mannschaft der 1000 Gefahren • Die unendliche Geschichte • The Twilight Saga • Percy Jackson • Die Vampirschwestern 	<ul style="list-style-type: none"> • Rubinrot • Tom Gets • Robinson Crusoe • The Treasure Island • Tintenherz • Eragon • Bundesliga-Fieber • Gullivers Reisen • All or Nothing • Alice in Wonderland
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GAME LISTS

<p>Board game list:</p> <ul style="list-style-type: none"> • DKT • Different card games (e.g. UNO or Poker) • Puzzles • Activity • Mikado • Spiel des Lebens • Monopoly • Mühle • Schach • Mensch ärgere dich nicht • Rummy • Dungeons and Dragons (also possible online) 	<p>Videogame list:</p> <ul style="list-style-type: none"> • Among Us • Raid: Shadow Legends • Fifa 21 • Rocket League • Fall Guys • Minecraft • PUBG
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HUMEROUS QUICK-TIPS

WHEN YOU ABSOLUTELY DON'T WANT TO ATTEND THE LESSON

- Say: "Sorry my wi-fi is bad.", and then go back to sleep.
- Say: "I feel very sick and cannot do anything."
- Tell others your microphone doesn't work.

WHEN YOU ARE HUNGRY

- Eat during the lesson but make sure you don't get caught.
- Have a secret candy box.
- Order pizza...often...and a lot!

OTHER TIPS

- Prank your family to make everyone laugh.
- Do phone pranks! (but not on your teachers!)

MESSAGE FROM THE AUTHORS

Thank you for reading our quick-tip guide. We hope you are now somewhat prepared for the lockdown and the distance learning period. As students and teacher, we hope it helps to make you feel better and get your things together. Should you find anything missing, or have any more cool and useful tips, feel free to contact one of the authors so we can add it to our growing collection.

Stay safe and healthy!

Yours,

The English communication group of the 3rd form, term 2020/21.